

SENIOR SPARKS

MANSFIELD SENIOR CENTER NEWSLETTER

~ SPECIAL EDITION AUGUST 2020 ~

Happy Summer!

Here we are in the dog days of August! We have 2 dogs at my house, and they're doing an awful lot of sleeping on these hot days (unless one of those darn squirrels has the audacity to trespass on their territory!).

I don't think anyone thought for a second when we closed in March that we'd still be closed 5 months later. It has been so long since we've had you all here filling our halls and rooms with laughter, conversation, learning and growing, and we truly miss you all. We also know this has been a difficult time for a lot of people, and we are so sorry that it seems it may go on for some time more. I wish we had better news, but we do not have a re-opening date as of yet. Many Centers are considering September, but everyone is cautious about a possible second wave of the virus, and the effects of schools everywhere starting up again. So, we continue to take our cues from State leaders and Town officials; and Pat and I are in regular contact with other Senior Center Directors in the State as we share best practices on the safest, best way to re-open when the time is right. And, I promise, we will let you know as soon as we do! We continue to provide meal delivery, information and referrals, transportation to medical appointments, wellness calls; if you or anyone you know could use any support at all, please let us know. You can always reach any of us at 860-429-0262.

As challenging as these circumstances are, we all have before us a wonderful opportunity to continue to grow. Learn a new hobby, cook a new recipe, take an online class, commit to a fitness routine, connect with neighbors or those you've lost touch with...the possibilities are endless! Come grow along with us this month, and help us celebrate all the good that still surrounds us.

Be safe and stay well!

With much love,

Sarah



Mansfield Senior Center
303 Maple Road, Mansfield, CT 06268
Tel: 860-429-0262 Website: www.mansfieldct.gov/seniors

In August, Mansfield is Your Place To Grow!

Decorate Your Doors for the Great Outdoors!

Throughout the summer, we're challenging everyone in Mansfield to show your community spirit and decorate your front doors! Each month will feature a different theme, and we encourage you to let your creativity shine!

August's theme is
YOUR PLACE TO GROW



What do you love about gardening?

What were your greatest gardening challenges and victories?

Once you've created your masterpiece, snap a photo, share your story and send it to us or post it on Facebook with #MansfieldSummerFun so we can watch the garden of Mansfield doors grow!

Too many tomatoes & cucumbers in your garden? Try this recipe!

Ingredients:

- 1 large cucumber sliced & seeds removed
- 2-3 large tomatoes diced
- ½ red onion sliced
- 1 tablespoon fresh herbs (parsley, basil and/or dill)
- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- salt & pepper to taste

Directions:

1. Combine all ingredients in a bowl and toss well.
2. Refrigerate at least 20 minutes before serving.

Serve with grilled chicken or broiled fish for a light, refreshing Summer meal!

Fresh Produce Grows in Mansfield!

Check out what's growing locally with the help of Taste of Mansfield! The Taste of Mansfield aims to strengthen the community through events and promotions highlighting locally grown and produced foods. Many farms participate in the Farmers Market Nutrition Program (FMNP) and Senior Market Nutrition Program (SMNP), with some even accepting SNAP benefits.

The following farms are right here in Mansfield!

Cloverleigh Farm

336 Mansfield City Road
860-373-6324

Cobblestone Farm

87 Bassetts Bridge Road
dianedorfer@gmail.com

Shundahai Farm

253 Maple Road
860-429-0695

Fox Meadow Farm

973 Middle Turnpike
Open daily, call ahead
860-429-0695

Gurleyville Native Produce

17 Codfish Falls Road
Open Friday & Saturday
10am-4pm

Storrs Farmers Market

Saturdays 3-5pm, May-Nov.
4 South Eagleville Road

Varga Family Farm

10 River Road
Open daily, call ahead
860-487-9127

Stearns Farm Stand

483 Browns Road
Open 10am-6pm daily
860-382-2303

Learn more at tasteofmansfield.org



Senior Center Happenings

Free Coffee and Scones!

We miss you and we hear you miss the scones from Maple Road Café! Drive through on August 20th at 10:00am to receive a scone and a cup of coffee. It's a win all the way around. You get some goodies and we get to see your faces! Please be sure to wear a mask and stay in your vehicle.

Please call 860-429-0262 to sign up by 8/14

Farmers Market Vouchers!

Senior Farmers Market Vouchers are available to folks 60+ who have a income of less than \$1,968 per month for a household of 1 and \$2,658 per month for a household of 2. Each person will get \$18 of vouchers to be used at participating farmers markets, including the Storrs Farmers Market in front of Town Hall. Call Sharon at 860-487-9876 for more info and to sign up!

Looking Ahead...

September is National Senior Center Month!

This September will be the Senior Center's 45th Anniversary. To commemorate both, we will be holding our annual Celebration of the Arts virtually! If you are a painter, dancer, knitter, woodworker, gardener, quilter, jewelry maker, cook, baker, singer, or musician, we want to show off your work. Please send photos or videos of your work or performance to Mary at floodmh@mansfieldct.org by August 28. We know you've all got some kind of talent and we've seen some of them, but we want to see more. Shine on!

Tech Help Available

Our tech guru, Bob Valk has agreed to step back in and offer one on one tech help to folks who request it. Email him with your name and phone number and he will reach out to you at a time that is convenient for both of you. Bob's email is: bobvalk11@hotmail.com

August Craft: Mansfield Rocks!

Mansfield Rocks is part of a nationwide project to bring smiles to everyone. Mansfield Youth Services promoted it during the month of July and we are going to join in on the fun. Come by on August 12 between 10:00am and 3:00pm to pick up a craft pack with everything you need to paint your own rock which you can then plant in your own garden or around town! In conjunction with Mansfield's theme of the month "Your Place to Grow", you might want to consider a flower or other growth theme. But really? Paint whatever you want. You're the artist!

Medical Transportation



We are still providing transportation to essential, non-emergency medical appointments that cannot be accommodated by WRTD's Dial-A-Ride program. Rides are provided on a first come-first served basis. Masks must be worn during the ride. Call Jordan at 860-487-9877 if you have questions or to schedule a ride.

Homebound Delivery available through the Mansfield Library!



If you are homebound or immunocompromised, you can call the Main branch at 860-423-2501 to arrange for a no-contact drop off at your residence.

To request a Chromebook, please ask to speak to Sean Kegler.

Free Wifi Access

Need Wifi and a change of scenery? We have extended our Wifi out to our front parking lot for public use! Choose "MnsfldGuest," no password needed, to access free Wifi from the comfort of your vehicle!

Online Programs

Join us for our online programming using your smart phone, tablet, or computer!

Zoom Social Hour

Wednesdays at 1:00pm

Join your peers and Senior Center Staff
for a chatty social hour!

www.zoom.us

Zoom Meeting ID: 844 8033 3179

Password: 3iYuap

Zoom Sing-Along

Mondays at 1:00pm

The more the merrier, so join us whether or
not you can hold a tune!

www.zoom.us

Zoom Meeting ID: 893 1592 2993

Password: 4wjSeP

Yoga with Angie

Thursdays at 10:00am

Improve your flexibility with this
interactive program!

www.zoom.us

Zoom Meeting ID: 853 6786 5877

Password: 547590

Genealogy Social Hour

Monday, August 10th at 2:00pm

Join this group to talk all things genealogy!

All are welcome!

www.zoom.us

Zoom Meeting ID: 924 7912 9071

Password: 6U7SXf

Mozart at the Movies

Beginning Thursday, August 6th at
1:00pm, Dr. Charlie Houmard will present
a weekly Zoom session each Thursday
through August and September about the
life and music of Wolfgang Amadeus
Mozart. Please watch the movie "Amadeus"
at home before attending

www.zoom.us

Zoom Meeting ID: 868 2639 3161

Password: p8bttb

Brush Up on Nutrition

Johanna Eichner, a dietetic intern with
SODEXO, will be presenting a five week
nutrition course on our YouTube Channel.
A new video will be available each Monday at
4:00pm through August 31st for you to watch
on your schedule.

www.youtube.com

Search: Mansfield Senior Center

Social Distance Bingo

Beginning Friday, August 7th at 1:00pm, we will be playing Bingo again over Zoom and/or the telephone. We will provide you Bingo cards and you provide the markers. The cards will be numbered so that we can verify true Bingos. Please sign up by calling Mary at 860-487-9872 or email floodmh@mansfieldct.org

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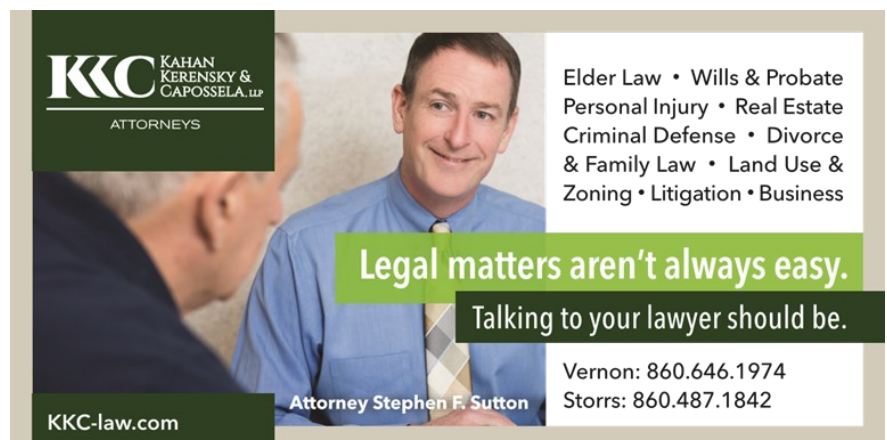


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Vernon: 860.646.1974
Storrs: 860.487.1842
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12 ISSUES OF ADVERTISING:

FOUR LINES FOR \$100.00. BUSINESS CARD SIZE FOR \$300.00.

For more information, please contact the Human Services office at 860-429-3315.

Mansfield Senior Center
303 Maple Road
Mansfield, Connecticut 06268

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WRTD Dial-A-Ride Transportation

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Mansfield Senior Center